

# Analýza stravovania

**Meno:** Zdravé Bruško

**Dátum vyhotovenia:** 30.06.2022

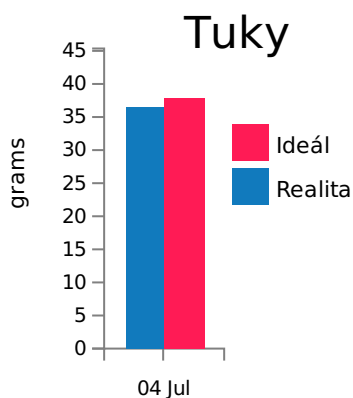
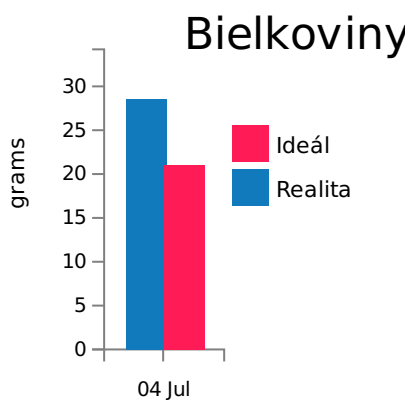
## Sledované parametre

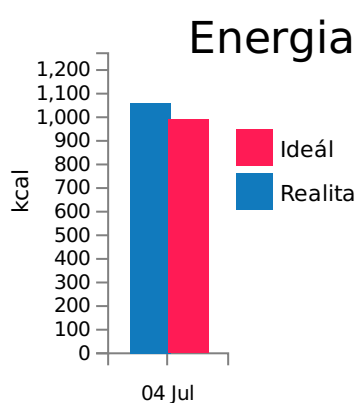
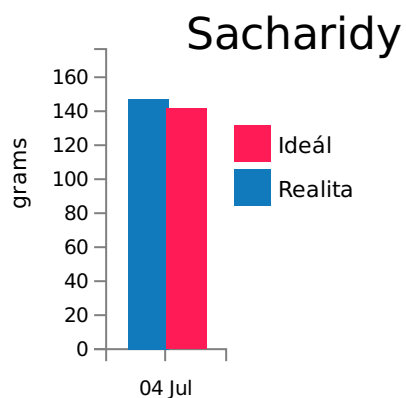
- Bielkoviny
- Energia
- Sacharidy
- Tuky
- potravinová vláknina
- vitamín C
- vápnik
- železo

## Sledované dni

- 04.07.2022

## Prehľad podľa dní





## Prehľad mikronutrientov

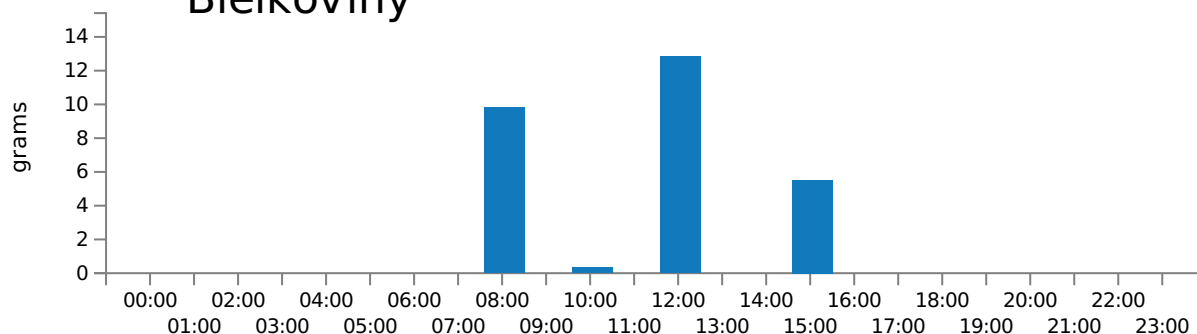
	potravinová vláknina g	vitamín C mg	vápnik mg	železo mg
04.07.	17.9 (213.12%)	33.87 (80.63%)	201.43 (47.96%)	7.99 (147.87%)
<b>Priemer</b>	17.9 (213.12%)	33.87 (80.63%)	201.43 (47.96%)	7.99 (147.87%)

## Makronutrienty priemerne

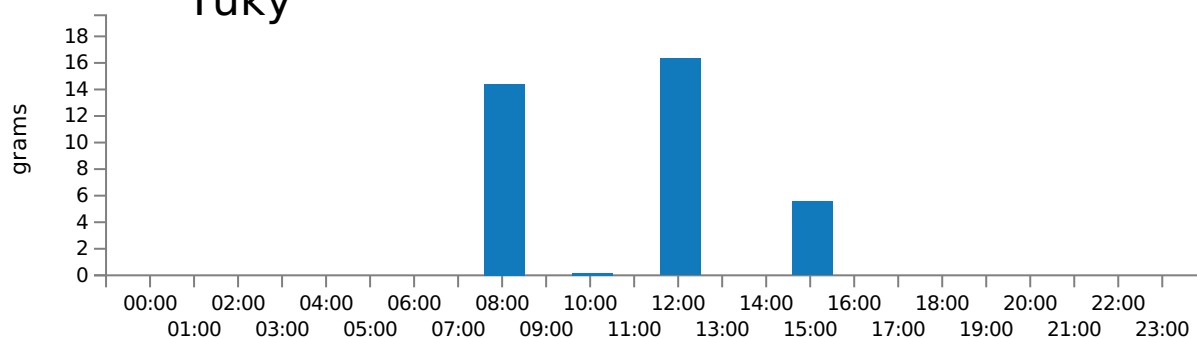
	<b>Bielkoviny g</b>	<b>Energia kcal</b>	<b>Sacharidy g</b>	<b>Tuky g</b>
Priemer	28.52	1059.37	147.14	36.47
Ideál	21	990	141.6	37.8

# 04.07.2022

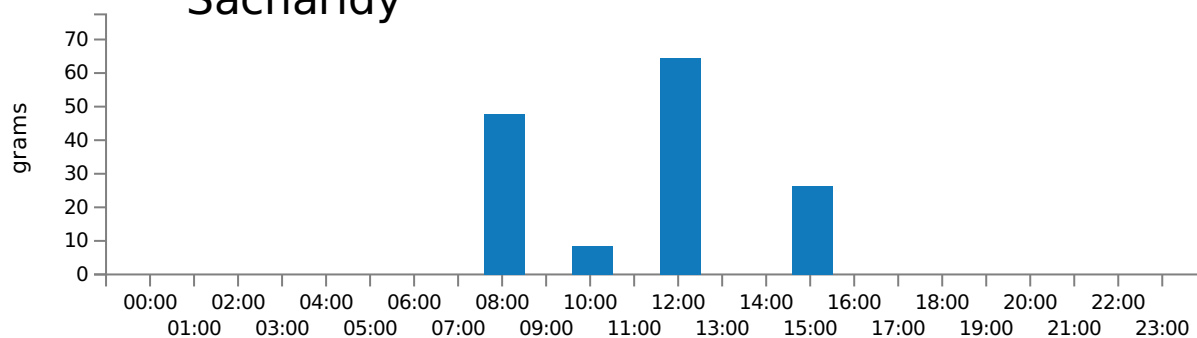
## Bielkoviny



## Tuky



## Sacharidy



## Energia

